

Small Steps Can Lead to a Big Change

Small steps can lead to big change when it comes to your diet. Here are some new tips to add more health to your life:

- Cut down on cream and ice cream
- Cut down on high-fat cheeses
- Cut down on high-fat specialty meats
- Cut down on salty-tasting foods
- Cut down on the salt used in cooking
- Cut out sugary desserts and snacks
- Eat breads made with whole wheat
- Eat chicken or fish three times a week
- Eat unsweetened foods for breakfast
- Increase the amount of vegetables you eat
- Limit egg yolks to three per week
- Move the salt shaker off the table
- Read labels to avoid saturated fats
- Switch to low-fat, then to nonfat milk
- Use a powdered or low-fat butter substitute